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## TIMEOUT FOR HEALING

by Susan Cord

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Have you ever had a particular agenda organized and activated, with expectations and anticipated results in place, only to have a totally different agenda pop up and say, “Surprise!”? That describes what happened for me with the *TimeOut for Sleep* CD.

In May of 1993 I eagerly set up a sound system so my clients could listen to the *TimeOut for Sleep* CD through stereo headphones—similar to the ones used in the CHEC units at TMI. Open speakers were set perpendicular to and equidistant from either side of the client’s headphones to fill the environment with Hemi-Sync® signals. I just knew that programming the CD with lots of dream-state tracks would assist my clients into an expanded state of consciousness and they would be able to gather all the information they needed from their inner journeys quickly and easily with little or no effort on my behalf—a therapist’s dream come true! Did it happen? Absolutely! People who had never been “visual” during their journeys could now “see”; those who were very “tapped in” went deeper and had richer experiences. Needless to say, I was ecstatic. Did “I” ever use the CD for sleep? Naw! Once in a while I would set up a sleep program for an overnight guest with the usual satisfying results. Then, an odd occurrence . . . the Hemi-Sync healer herself got sick.

Oops! How did that happen? Well, while having my immune system go wacky was embarrassing, it was not totally unanticipated. I had driven my body hard and at a furious pace for many years. Surely, since I was so-o-o enlightened, my physical vehicle would never break down. Wrong!

The illness I presented to myself was (and still is) called fibromyalgia syndrome, or FMS. It is not fatal, but it is excruciatingly painful. Some FMS patients would like to have a permanent out-of-body experience. This chronic musculoskeletal condition causes fatigue and pain throughout the body. It’s like having the worst flu you’ve ever had ALL the time. After being diagnosed with FMS in November of 1992, I made plans to heal myself with good eating habits, constant use of the H-Plus® Functions, daily meditations with Hemi-Sync®, regular

bodywork treatments, and lots of love and laughter. Is anything missing from that plan? How about rest?

In 1993, I worked at United Airlines, maintained a private practice at the Center, held BodyMind classes, and spent every vacation week training Life Span 2000 at the Institute. By January of 1994, I could no longer walk up stairs without stabbing pains in my left hip. Chronic fatigue accompanied the FMS. It felt like menopause. By attending a Gateway Voyage® in January 1994, I intended to get my act together and heal this thing. Instead, by mid-February I was a wreck. Not me!? The doctor who had diagnosed FMS advised me that mine was a classic, full-blown case. I elected to follow his avant-garde program, which exacerbates the syndrome and its effects but eventually pushes the FMS out of the system.

I told my boss at United, “I’m going to take a couple of weeks off and heal this thing I’m experiencing.” Instead, the next three months were spent in bed sleeping to escape the pain that was now throughout my body. Deeply depressed and unable to get interested in anything, I even stopped listening to Hemi-Sync. In June there were a few good days devoted to some self-healing. My saint of a husband did everything for me. Friends and students showered me with undreamed-of gifts of love. In August, I visited Virginia to see two of my favorite people in the world, thrilled to be able to make the trip. Surely the finish line was near. However, according to my doctor, the FMS was not “cycling” out of my body at the proper rate. He consequently increased the medication and I crashed. Back to the tunnel of pain and depression. None of my tools seemed to help.

Then one day a booklet arrived from one of the FMS networks. One section referred to the sleep disorder that accompanies FMS. A sleep study had shown that even healthy humans, when deprived of sleep in a pattern similar to FMS, developed FMS symptoms. And, when sleep was restored to normal, the participants in the study were relieved of the symptoms. I got out of bed, got dressed, went straight to Circuit City, and bought a portable CD player with detachable speakers to set up in my bedroom. In went the *Timeout for Sleep* CD, and for the first time in years I slept like a normal person! I’d always attributed feeling marvelous at TMI to an energy high. Now it seemed that listening to the sleep processor must have contributed. Also, two of my healthiest years were when the Hemi-Sync synthesizer was on all night. I don’t remember why the synthesizer was disconnected, but evidently I was disconnected about the same time.

Since the middle of September, recovery has been rapid. It’s now possible to walk upstairs without pain, and the rest of my body is pain-free a lot of the time. One or two “Timeout naps” a day keep the chronic fatigue at bay. There are more comfortable times than painful times, and I’m optimistic about a full recovery. What have I learned? A deep respect for the physical body and the importance of a balanced lifestyle. This has also been an opportunity to witness love as the supreme healer. Nineteen ninety-four was filled with discovery. Who am I? I am love

living through the mental, emotional, spiritual, and physical bodies of Susan Elaine Cord. I have finally learned what I've taught all these years. Surprise!

Here are my programs for using the *Timeout for Sleep* CD in BodyMind work and for personal management of fibromyalgia syndrome. Use them with love.

1. BodyMind Work:

- a. The METAMUSIC CDs are playing as the client arrives and during the pretreatment discussion. They seem to create an atmosphere for open, relaxed, and focused communication.
- b. The BodyMind inner journey occurs on a massage table with stereo headphones on the client and open speakers placed perpendicular to and equidistant from either side of the headphones. The treatment varies with each client but is usually guided verbally by the therapist. For the journey: program tracks 4,6,6,6,6,6,3 (approximately sixty-eight minutes). Add more six tracks if time permits. Six is seven minutes, fifty-seven seconds, in length.
- c. The METAMUSIC CDs are played during debriefing.

2. Coping with a high stress or pain day:

Program track four to repeat throughout the day. Keep at low volume. Option: program METAMUSIC CDs to repeat all day.

3. Deep relaxation:

Program tracks 2,5,5,5,6,5,5,5,3--approximately one hour. Program tracks 2,5,5,5,6,6,5,5,5,6,6,5,5,5,6,6,3--approximately two hours.

4. Meditation:

Program tracks 2,4,6,6,6,6,9--approximately one hour.

5. Thirty-five-minute restorative nap:

Program tracks 5,5,7,5,5,9.

6. Deep delta "get away from the pain" sleep:

Program track five to repeat all night. Note: DO NOT do more than one night of just the five track, because it seems the "wave" pattern is essential to restore the whole body.

7. Restorative night's sleep:

Program tracks 5,5,5,5,6,6,5,5,5,6,6,5,5,5,5,6,\*7\*,6 to repeat all night. Option: if track seven's dialogue awakens you, then program tracks 5,5,5,5,6 to repeat all night.

8. For mornings when you need a "push start":

Program tracks 4,7,6,9--approximately twenty-eight minutes. The push-start program is a great opportunity to do Resonant Tuning or affirmations that will set the tone for the day.

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